

GUIDELINES FOR A Safer Spring Break

Until enough of us are fully vaccinated against COVID-19, we must all keep protecting each other. Enjoy the warmer weather AND get back to the people and places we love by preventing the spread of COVID-19.

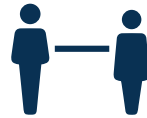


NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**

www.ncdhhs.gov • NCDHHS is an equal
opportunity employer and provider. • 3/21



WEAR A MASK. Even if you've been fully vaccinated, everyone must still wear a mask when out in public.



LIMIT CLOSE CONTACT WITH OTHERS. If you're gathering with people you do not live with, stay at least 6 feet apart and wear a mask. If you are fully vaccinated, you can gather with other fully vaccinated people or with low-risk, unvaccinated people from one other household without masks.



STAY OUTDOORS. When you gather with friends and family, stay outside and at least 6 feet apart.



DELAY YOUR TRAVEL. If you must travel, get your COVID-19 vaccine (as available), get tested before traveling, wear a mask, and avoid crowded places.



GET TESTED. If you travel, are around people who don't live with you, or have symptoms, get tested before returning to work, school, or campus. It has never been easier to get tested for COVID-19. Find your testing place: ncdhhs.gov/TestingPlace

50/100

KEEP IT SMALL. No gathering should be larger than 50 people indoors and 100 people outdoors.



WASH YOUR HANDS OFTEN OR USE HAND SANITIZER. Avoid high-touch surfaces and shared items. When possible: use cashless payment options, avoid self-serve food/drink options, and use disposable food service items.



AVOID HIGH-RISK ACTIVITIES. These include: indoor settings; places where people can't socially distance; settings of increased respiratory activities like singing, yelling, laughing, or vigorous exercise; places where people have extended face-to-face conversations; and settings like bars, restaurants, and social gatherings where people remove their mask to eat or drink.

If you think you have been exposed to COVID-19 or are experiencing symptoms, get tested! ncdhhs.gov/TestingPlace